

Activity 1

Listen

<https://onbeing.org/programs/a-poem-for-what-you-learn-alone/>

Complete: Write a section heading for each activity and complete it.

Pádraig Ó Tuama suggests, “This poem invites . . . the reader to look back to the story of their own life and to think, where are the times when I felt out of my depth, when I felt, nobody told me that this would be happening, and not only did nobody tell me, but nobody prepared me to know how to survive the not-knowing?”

Story: When you think back on your high school years, what is one story of your life that you will take with you into your future that occurred during these important and transitional years? Use the questions Ó Tuama considers. (Write 1-3 paragraphs double spaced.)

Lessons: What are the lessons you learned during or after the story you wrote? (Write these in a separate section than the story.)

Advice: How would you advise someone who faced a similar challenge at a similar time of life? (Write these in a separate section than the story.)

Note: Lessons are what you personally learned. Advice is what you would offer another person to help that person. These are not the same thing.

Example

Story

Lessons

Advice